



Week of Dec. 5, 2007 – Dec. 11, 2007

## Keep stress at bay during the holidays

While the holidays can be a great break from the stresses of the year, they can also create other stresses to fulfill family responsibilities and expectations, meet end-of-the-year deadlines and try to find time to relax.

The important thing is to not let the holidays become so overwhelming that it seems you can't get out from under them. The Air Force has several resources to help Airmen and their families cope with stress, depression, financial woes and suicide.

"In stressful times such as these, with so many Airmen deployed and with so many others pushed to the breaking point, it is vital that we all understand that we are not alone," Secretary of the Air Force Michael Wynne said. "We are partnered in this war and bonded in the service. It is up to us to look out for one another."

Some resources available to Airmen include:

- The base mental health clinic offers a safe environment where people can discuss their issues, and so long as they are not a risk to themselves or others, they enjoy confidentiality. Despite some rumors, it is exceedingly rare to suffer harm to one's career from going to the mental health office. Even when commanders are contacted, they're only given "fitness for duty" and safety information.
- A chaplain can be extremely helpful for dealing with almost any difficulty, whether it is of a spiritual nature or not. Chaplains also offer almost total confidentiality and are trained specifically to help.
- The Airman and Family Readiness Center offers several resources including financial counseling, stress management classes, child care options, services for families with special needs and even more benefits for families of deployed Airmen. The center also looks to take care of Airmen who live in the dormitories and offers services for them as well.
- For some, the season can become depressing and thoughts can turn to suicide. If you can't find support from your wingmen, friends or family, consider any of the above resources or call the National Suicide Hotline at (800) 273-8255 or (800) 784-2433.

Find Airman's Roll Call Online Here: <http://www.af.mil/library/viewpoints/>

*Airman's Roll Call is designed for supervisors at all levels to help keep Airmen informed on current issues, clear up confusion, dispel rumors, and provide additional face-to-face communication between supervisors and their teams.*